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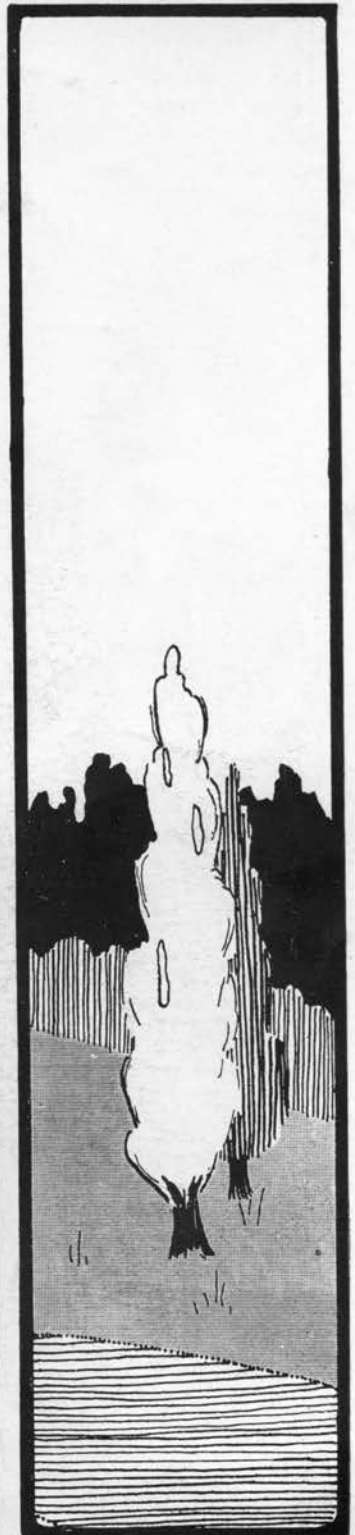
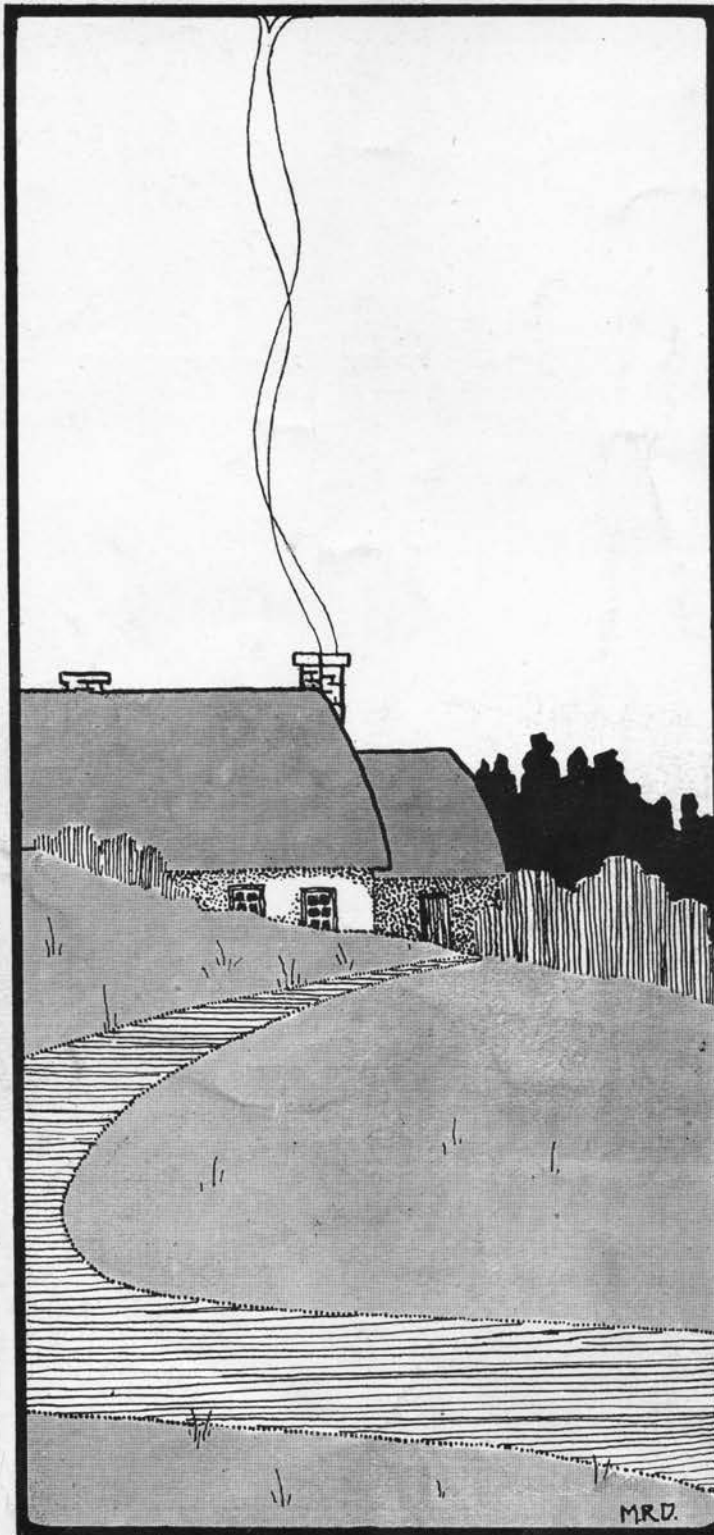
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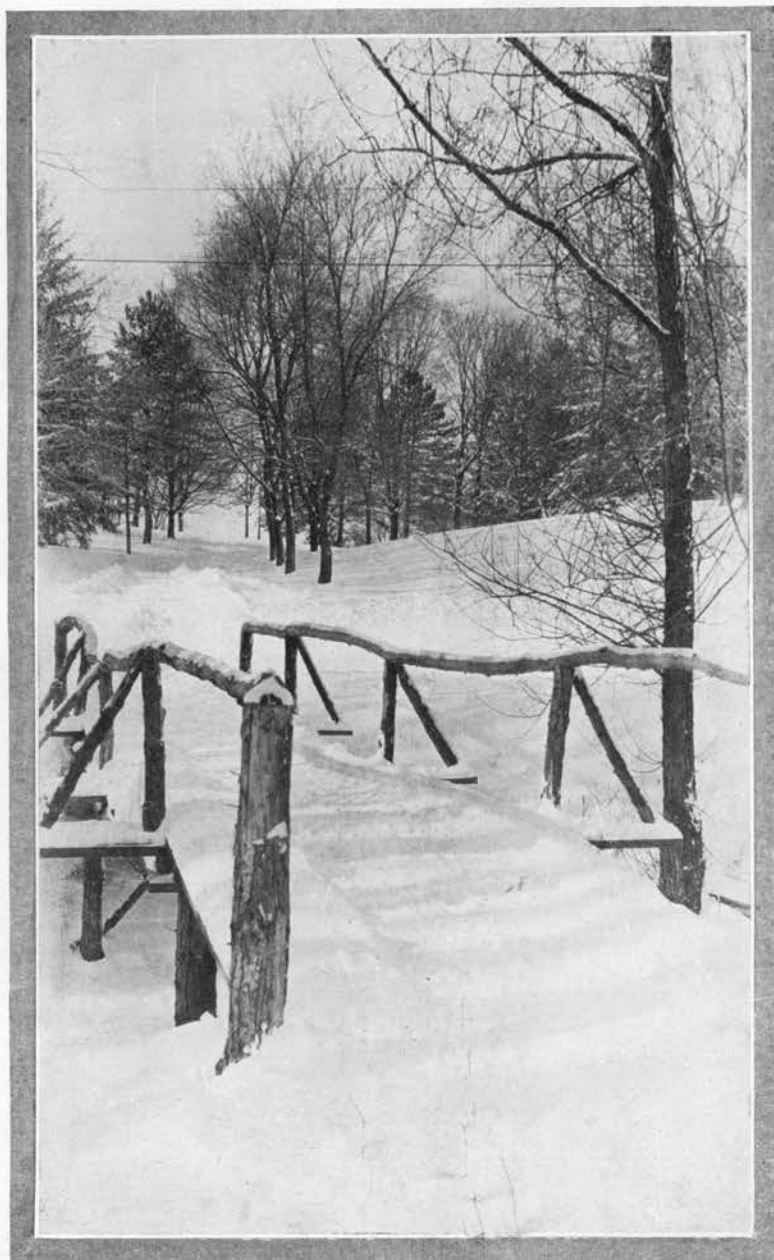
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THE IOWA HOMEMAKER

IOWA STATE COLLEGE





"A rustic bridge, elms and firs,
A blanket white that vision blurs—
That path led home."

THE IOWA HOMEMAKER

"A Magazine for Homemakers from a Homemaker's School"

VOLUME 2

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NUMBER 11

From "Third Floor Back" to Front Line Rank— Growth of Home Economics at Iowa State

By CLARA JORDAN

FROM a room, third-floor back, and tucked far away in the rear of one of the dormitories, to the long two staired red brick building now standing, is a scale by which the progress of home economics at Iowa State College may be measured. Standing as it does the best and most famous of all schools offering collegiate courses in home economics, Iowa State presents an interesting aspect in reviewing the history of its growth, progress and development.

Home economics at Iowa State had its birth in the year 1872. In the room just mentioned, far away in a secluded corner of Margaret Hall, the oldest dormitory of the campus, a series of lectures was given given to women about the campus on subjects pertaining to home economics and home-making. This was brought about and made possible through the instigation and enthusiasm of Mrs. Welch, the wife of the president of the college. For a time, she herself gave the lectures but as the course attracted more to it and was opened to college students, women from away, who were authorities on the subjects came to talk and finally regular instructors were installed.

The room in Margaret Hall was made over into a regular class room. The wood work was done over, stoves installed and cupboards built in to hold the dishes and utensils or cooking. With this meager equipment, and such limited space, the home economics course at Iowa State was launched on its way to success and fame, under guiding influence of one or two faithful souls.

At this time there were very few women students at Ames, but the course attracted more from year to year so that in a short time there was a goodly representation here. As the classes became larger more space was needed and other rooms in other buildings on the campus were utilized to accommodate the students. Finally the need became so urgent that the legislature was petitioned for an appropriation for a new building. In due time this was



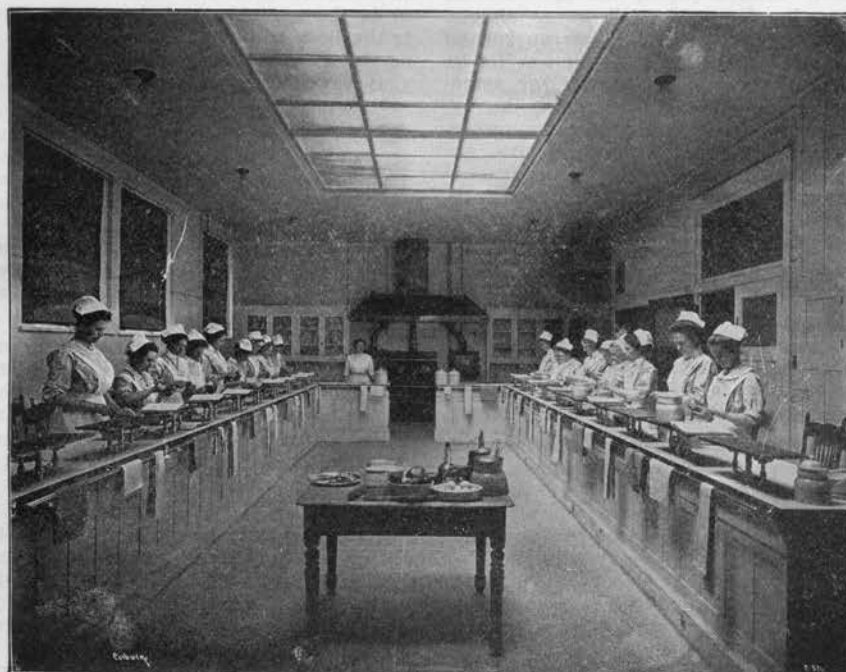
Breadmaking in 1880 in the first home economics classroom—the "Mag-hall Annex."

granted and in 1912 the Home Economics building of today was dedicated.

The buildings stand as a memorial of the rapid progress of home economics and it was only fitting and proper that with so many students enrolled in the course, a separate division with its dean and various heads was made. So home economics became a college in itself and has grown wonderfully well ever since.

This edifice which at that time seemed so large is fast becoming too small with the numbers that are flocking to Ames each year. Every corner and nook is used to accommodate the classes and even then many have to be held in other buildings. Three floors are used, the lowest one being devoted to lecture rooms, offices, locker rooms and one laboratory where the class in care of the house learn all the intricacies of laundry work, ironing and refinishing furniture. On the main floor we find offices, also lecture rooms and several of the large airy spaces used for the sewing laboratories. The second floor is given over to cooking classes. Here are not only the laboratories where the actual work is done but the dining rooms where the finished products are served.

Aside from this building three studios have been built which are to accommodate the classes in art, applied design, costume design, house planning, interior decoration, and institutional management. Some rooms in the old agricul-



Twenty-two years later, almost a second generation, shows the first cooking laboratory in the new building.



Skip another ten years, to the latest addition to the department, the Institutional Tea Room.

tural hall, now known as ag-engineering have had to be used for class rooms and sewing laboratories. So that every nook

and corner has to be put to use. Even the first class room in which Mrs. Welch held her lecture work is still in use. Here

the demonstration classes are held and use much of the equipment that was placed there many years ago.

As the school has grown and become more popular, the course has been changed and broadened out so that now it is very flexible, and can be made to fit the needs of almost any girl. Courses in elementary cooking, sewing and design are required but any sequence can be followed that may be desired, as for instance, electives in teaching. In this sequence several courses in vocational education are required and practice teaching in the downtown schools or in towns close around as a part of the work. Then one may wish to be a dietitian, here one may take electives along this line. This is also true of sewing, tea-room work, or costume designing and even now there is some hope that a course of this kind may be catalogued for those desiring journalistic training.

The progress which home economics has made thus far is only an indication of what may follow later. For with the building only ten years old now, and crowded to overflowing, is a promise that the work will increase and perhaps double itself. With the dim prospects of a new, larger and more efficient home in sight and with the coming of Anna J. Richardson as dean of home economics of Iowa State, the history from henceforth on is a matter of happy thought and wonderful promise.

The Whys and Wherefores of Correspondence

By MILDRED BOYT

IN ancient days no one traveled, and there was no business, therefore no need of letter-writing. When Mr. Caveman was hit with the wanderlust and decided to see what was over the hills, Mrs. Caveman had no hope of consolation by mail and simply had to wait patiently her spouse's return. However, as wanderlust became a more prevalent disease those at home began to receive slabs of bark and stone from the wanderers with their adventures pictured on them. These crude missives in turn gave way to strips of parchment covered with hieroglyphics of a more or less legible nature. We owe our alphabet and much of our language to the ancient Greeks and Romans. It was they also who brought letter-writing into more common usage and developed many of the forms we use today.

Our etiquette of letter-writing consists of the best in social forms, fads, and general usage of past years that have survived the test of time. Etiquette, by the way, comes from an old English word that meant ticket. This slip of paper contained printed instructions of court etiquette and was given to persons who were to be received by the King. The word has come to mean that which is correct in social form.

The old proverb would well be changed to read "A man is known by the paper he uses." How well character may be judged by a letter! How easy to read

between lines, along the margin and across the envelope, of good or bad taste. We see the garish, loud person in brightly colored paper, and the careless person in cheap blotting paper sheets. The grasping, dissatisfied person speaks from the freaky, faddy paper for 'tis he who is always on the watch for something new. While the plain, heavy, white paper tells us of good taste springing from the sensible, conservative, nature. Ink also enters into this character reading, and although black is absolutely correct, the common blue-black ink is rapidly taking its position beside it.

Fashions in stationery rise and fall. Much of the seasons "latest" is in good taste, but the woman of refinement always avoids these styles that are exaggerated in texture, shape, or color. To be absolutely safe it is best to choose a good grade of white or palest grey paper.

There are three forms of correspondence; social, friendly and business. The social may be subdivided into the two smaller heads, formal and informal, but holds strictly to the social heading, taking care not to overlap the friendly. For the average person's social correspondence, small note paper, or correspondence cards are in most general usage. For friendly letter a medium sized note paper is best. One may be a little freer in choosing this paper, and therefore it gives more of an opportunity to show individuality. Rough finishes and framed

paper are correct, as well as pretty. One may also show character by his choice of monograms, crests or addresses. These are engraved in the right hand corner or in the top center of the sheet. Black is the best, although some colors may be used. For instance white engraving on grey paper is very effective.

For business correspondence and occasionally for friendly correspondence large sheets of white paper are used. These are never monogrammed but may have the address, cable address, and telephone number engraved on them. Of course for a business house this information is included in the firm letter head and is printed in black or color at the top of the sheet.

Envelopes for social and friendly correspondence should match the paper and be of a size to contain the paper when it is folded once. Business letters are folded twice and may be contained in a suitably sized, stamped envelope that is engraved or printed with the address of the sender.

Correspondence assumes added importance as our lives grow busier, therefore it behooves us to pay some attention to the best forms of letter writing. To be a really good correspondent is truly an art, may be a gift, but possible to cultivate. What a pity to allow a friendship to slip simply because we are too lazy or careless to keep up a correspondence.

That Finishing Touch for Flaws or Floors

By RUTH KNUTSEN



THAT fever for refinishing, either house or furniture, attacks the average housewife annually with the coming of the first spring breeze. Even the wisest of the wise can offer no theory in explanation of the fact, but fact it is, so let's cope with it as such and hope that amateur artists may find answers to perplexing problems which arise in wielding the paint brush.

That must be given in choosing the finish. Much depends upon the room; is the finish you have chosen practical for a kitchen, dining room, living room or any other room in the home which you may be contemplating doing over? Is it durable? Is it easily kept clean? How much labor is involved in the process of application? These are questions to ask yourself.

The first problem confronting the "refinisher" is the removal of old paint and varnish from the floors. Sometimes this is done by scraping with a knife blade, a piece of glass, steel, or sandpaper. If the varnish is old and dry this method proves quite satisfactory and the process of removal is quite rapid. However care must be taken not to mar the wood or veneered or delicate surfaces, and in cracks and crevices. There is a commercial paint remover on the market which is very good for this purpose, also, but an equally good paint and varnish remover can be made at home with very little expense. Use a pound of soda to five or six quarts of boiling water, and if a bleaching agent is desired add one pound of quick lime. Lye may also be used, a preparation of one teaspoon of lye to two quarts of water being very effective. These preparations are added to the floor freely and allowed to stand until the varnish is softened enough to take up with cloths. Always have a bowl of water at hand in which to wring out cloths containing the removed varnish. Sometimes several applications of the varnish remover is necessary. In cracks and around the corners it may be necessary to remove the excess paint or varnish with a blunt instrument such as a putty knife. Care must be taken that every particle of the original finish is removed or the final result will not be satisfactory. The floor should be washed and dried thoroughly before the next step.

It may be necessary to use a filler to close up cracks in the floor. Very good commercial preparations for this purpose are also on the market but often it is just as satisfactory to make it at home. It can be made of one pint of linseed oil, one and a half quarts of turpentine, and one pint of Whiting or cornstarch. Whiting can be bought at any drug store and is exceedingly useful in cleaning many metals as well as for the filler. The above recipe makes a white filler. To

darken, for oak, add one teaspoon of raw umber; for walnut, add one teaspoon Venetian red, one-half teaspoon of yellow ochre; for mahogany add one-fourth teaspoon yellow ochre, one-half teaspoon Bismark brown, and a teaspoon of burnt seinna. Always test color before adding it to the filler.

The kitchen floor has the hardest wear of any in the house, but very often the kitchen has the poorest floors in the house. This is particularly true in old houses. If the floors are in poor condition in the kitchen, linoleum covering is probably the most satisfactory covering. A good quality inlaid linoleum, varnished, has many points in its favor, as a kitchen floor covering. It is durable, easily cleaned, is easy to walk on and to stand on and it does not absorb grease. An expert should be employed to lay linoleum however, as a poorly laid linoleum is apt to buckle and crack. When cleaning linoleum use as little water as possible and never leave puddles or wet spots, because it quickly becomes water soaked and this causes it to bulge. Clean with a mild soap and water, using a soft cloth to prevent scratching the surface.

Smooth, hard gray paint, or waterproof varnish, waxed, may be used on the floor, but these need frequent renewal. A wooden floor even if not in very good condition can be oiled, and this makes a good surface. The floor should be perfectly clean and dry, and all cracks filled before starting. Then add an oil such

as paraffin, lemon, or boiled linseed oil, warmed over hot water. The oil should be applied with a white wash brush, rubbing in circles with the grain until it is worked in well. After several hours wipe off surplus oil rubbing with the grain to polish. The number of applications is dependent entirely upon the floor.

The floor should not be used for at least twenty-four hours after oiling. A light paraffin oil should be used on hardwood floors, applying a thin coat and wiping off any surplus oil before dust can settle on it. This oil treatment insures against stains and dust. A floor treated in this way is easily wiped off but should never be scrubbed with strong alkalis. The paraffin and lemon oils are good for new, light and unsoiled floors. The boiled linseed gives a darker finish, and becomes more dark with each additional application. Oiled floors are considered more satisfactory in the kitchen than varnished, shellacked or painted ones. These are only surface finishes and wear off where main paths of travel are, while the rest is still in good condition. A painted floor should be cleaned with clear water and a neutral soap.

Waxed floors are attractive, give a soft pleasing luster and are easily renewed altho they need this frequently. Before waxing remove all dust, then apply a thin coating of a good prepared wax and rub in circles. An excellent paste wax can be made at home in the following manner. Melt one-fourth pound of beeswax over water. When melted remove from fire and slowly stir in one pint of turpentine, stirring until the mixture is a thick batter. Store in a jar. A waxed floor may be dusted with a soft cloth on a broom, or by using a long handled soft hair brush.

Sometimes a different color is desired on a floor. In this case a prepared stain may be put on just before the wax or varnish, giving the desired color. A commercial stain can be lightened in color by adding turpentine. A stain can be prepared at home by adding one-fourth pound potassium permanganate crystals to four quarts of water.

If using shellac or varnish, be sure to get good quality materials. Have them thin enough—not sticky—and apply with a clean, soft brush in straight lines, using as long strokes as possible. Varnish, when scratched, cannot be easily patched, the whole surface must be done over, and it is unattractive unless done well.

The floor finishes in a house should be as nearly uniform as possible. There are many advantages in this, it is not only more attractive but it simplifies the cleaning problem. Not nearly so much different cleaning equipment will be needed. It also lessens work, and makes for quicker work in taking care of floors.

We sometimes wonder at the self satisfied expression on the face of an amateur decorator as he views the finished product, his own handiwork. But when we stop to consider, it is not nearly so surprising. (Continued on page 11)



Since the kitchen floor has the hardest wear of any floor in the house, linoleum is one of the most satisfactory of coverings.

The Shoddy Time of Year

By HARRIET SCHLEITER

THIS is the shoddiest time of the year for the whole world. Even prim and precise Dame Nature isn't quite up to standard. Her gown of snow-white is growing sadly out of season. She knows it is still a bit too early to don her grass-green frocks, and flower trimmed creations, so she goes about garbed in the grimy gray that was once her snow-white gown. The rest of us feel the same way about our winter clothes, but we are such copy cats that we are afraid to wear our spring dresses until Nature takes the lead by putting on her's. We wear our coats over our shoddiness and plan lovely bouffant taffetas to wear a little later.

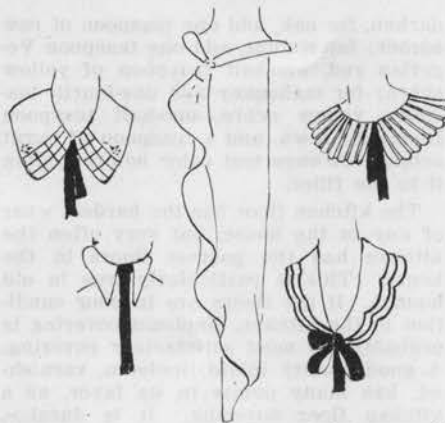
If you'll forgive me for putting it so crudely I'll say that there is no time like the present for dolling up. I don't mean to go shivering about in gingham when the wild winds are still blowing, but a little touch of gingham or some other summery fabric is a great help. Try it out in a new little collar for your wool dress and you will surely want to leave your coat open at the neck to show it off.

I want to tell you about a few that I have seen that caught my attention. One was made of pink organdy with latticed bands on the ends, and a little touch of embroidery just above the lattice work. A small droopy black velvet bow was worn with it. It looked very springy indeed. Another was of white net, three collars in fact, as may be seen in the sketch, with shallow scallops. The inevitable bow is of the same material.

Of a very different type is the semi-business like stand-up collar of dark blue or black organdy, and a bright silk tie around, of orange or red, with tassels on the ends.

One of the most unique is of plaited orange organdy over black satin. It is round in shape.

And lastly, is a very transforming collar of handkerchief linen, made by



Try a summery collar with your old wool dress, and don't admit your shoddiness.

cutting a large triangle, topped by a narrow folded band, which is fastened around the neck and finished in the front by a little buckle.

And now may I beg of you all, please don't spoil the new collars you are going to make by wearing with them a knit four-in-hand. They have their place with a starched shirt waist and some kinds or sweaters and suits. But they are worn about ten times to one in their rightful place. And they are the ruination of many an otherwise well planned costume. "Go easy on 'em!" please.

Perhaps you have the kind of a wool dress whose sleeves are fastened on a lining. If so you are a lucky girl, for all you need to do is remove the sleeves and wear a waist instead. You'd never know the old dress in that guise.

As for waists, you can buy cotton so cheaply now that it hardly pays to make one, except for the little touches of individuality one can add to them. A blouse of pongee with peasant embroidery in yarns is enough to make any dress

perk up and hold its head high thru the remaining days of winter and early spring.

If your dress has loose three-quarter length sleeves, just leave them in and wear your blouse under them. I saw a most unassuming wool dress of this type become a "chawming model" by the addition of a bright red crepe de chine blouse and a band of cross stitching in red and tan around the bottom of the skirt and the sleeves.

Of course a whole blouse isn't essential. You can make just enough sleeves to extend below your old sleeves, and it looks just as well, really.

I realize, however, that the leading problem of this day and age is not new sleeves and new collars. The thing that wrinkles the most fair brows is the lengthening problem. You can't just let down the hems, for the very good reason that many of the dresses are hemless. When it is possible they simply shriek of made-overness, which is an unforgivable thing in a dress. But let us raise a chant of thankfulness to wise Dame Fashion that she allows us the boon of an uneven hem line, swooping to the ground in places and curving up inches higher in other places. Have you tried that out on your dress that has a wide straight hem?

And for the hemless ones try a sash, a wide one on each side or narrow ones, or a wide one in the back that tries to pretend it's a train. Any kind of a sash is good and what could be simpler for the lengthening problem.

Panels are another of the easier methods; long panels on the side, and the rest of the skirt quite short. Black velvet panels inserted in a canton crepe are lovely. They may hang from the waist line or the hip line as desired.

If your crepe dress is too tight as well as too short, split it up the sides and wear an under slip of satin, or canton

(Continued on page 12)

Forgive Us This Day Our Idiosyncs

By EDA LORD MURPHY, Associate Professor of Home Economics

OUR sins of omission and commission have long been on our minds, but the little annoying personal traits, which for a better word we shall call "idiosyncs," have always seemed justifiable. They do not appear important enough to be forgiven, (except daily and hourly by a more or less loving family.)

In the Atlantic Monthly of December, 1920 Frances Lester Warner wrote on this subject, calling her essay "Love's Minor Frictions." To read it is to chuckle. To have read it is to recognize yourself in the spotlight, guilty of causing minor frictions which have almost precipitated major operations.

From the grandfather who sips his tea with the sound of rushing waters and

the grandmother whose ideas of convention do not preclude her tucking her napkin under her chin, down to the youngest child who frankly and freely tells the family affairs, brilliant, examples of our personal and peculiar habits may be enumerated.

In practically every family there is one person who dashes to the door to get the mail directly from the hands of the post man. If it happens to be a small brother it would be harmless enough, except that he holds it firmly in his fist while he makes deliberate distribution to the members of the household. One's annoyance is doubly aggravated by his trenchant comments. Big sister holds her breath until the ordeal is over.

This is a trial of faith that worketh patience. She, who aches to receive her letters inconspicuously and to hide in the corner to enjoy them, becomes the butt of such remarks as, "Well what did he say today?" or, "Who is the nut who writes to you on pink stationery?" or, "Oh, Gee! He's at a swell hotel, ain't he?"

This infinite curiosity about other persons mail is not limited to small boys, since theirs is perhaps not so much curiosity as it is the satisfaction of teasing. To grownups can be attributed unadulterated curiosity. Brave are they who, living in an apartment house, are willing for all the neighbors to shuffle the mail. "I see you had a letter from so-and-so"

indicates all too clearly the careful, thoughtful scrutiny given. Fraternity houses should have a "national ruling" permitting no comments about personal business.

Next to the passion for seeing the mail first is the joy of capturing the evening paper. The smaller the town the more fascinating the news.

In a well disciplined family it is understood that this is the father's prerogative. It is known to all that the most comfortable chair placed where the light is best, his slippers and the paper easily accessible are as soothing syrup to a seething soul. But each child in turn, especially little sister, must be taught this tradition by the mother before it is thoroughly established and before discussion of the matter can be eliminated.

As for the Sunday paper, it is well that there are easily divisible parts for the various members: "funnies" for the fretful, editorials for the editorially minded, pictures for the movie minded and fashions for the frivolous. The Sunday paper has been decried as offering unfair competition with church and Sunday school,

but by its mere divisibility, it has prevented incalculable crimes.

A virtue that easily passes into the best idiosyncrasy is the love of fresh air. For the sake of health, there should be a fresh air fiend in every family. But how many a modern daughter, full of hygiene and good works, has been the bane of her grandmother! She would open windows that had been locked for years! She would air out the living rooms when they had just begun to get warm "of a morning," and have a howling draft blowing around your head in the kitchen. Doing good to one's family becomes an idiosyncrasy when distemper, dyspepsia and dissension are aggravated.

Will Mr. Edison please answer the questions, "How do you choose records for the average family, and whose preferences should be considered when giving an informal concert?" Father of course hates jazz, never failing to make use of the well known bromide, "There isn't a bit of music to it. It's just noise!" His choice is an Irish policeman making love to a maid. The children cry for "Farmyard Frolics," or "Mr. Smith Mim-

ics The Circus Animals." Big brother demands a male quartet arrangement of "Sing Me to Sleep." Mother usually waits till they are all out of the house, then listens calmly to Alma Gluck sing "Carry Me Back—"

Nowadays, all persons can be divided into two classes, those who really drive cars, and those who really don't. Those who really don't are acknowledged by themselves to be invaluable in the back seat. No one has yet estimated the tragedies that have been averted by the far-sighted, and the near sighted, and the cross-eyed persons on the back seat.

There is one man who intends to solve the problem by having a car built with five stationary steering wheels and two folding ones, so that all the persons in a seven passenger car may do as they see fit. Love will find a way, the coroner will find what remains.

Perhaps our individual preferences more or less savagely imposed on our loved ones, develop, in them, the saving grace of tolerance. Perhaps their idiosyncrasies develop, in us, the will to "do unto others—"

The Youthful Guest

By ESTHER ELLEN RAYBURN

AS long as there are children there will be guests. Grownups might stop visiting one another but the child will visit as long as there is anything to visit. He is too curious and adventurous to ever stop probing the depths of the neighbor's house. Thus it is that whenever a new family moves into the neighborhood the children all know everything about the new family—what they have in the house, what they all look like, and even a few of the family secrets long before their less curious parents ever do. It is because of this that children are the real guests of the world.

Infants behave in various ways when calling on friends. What a joy it is to find among all of them that "visiting go" one child who doesn't demand constant attention, who can amuse himself with what his hostess provides and can treat food in a calm manner. There are any number of children of whom a hostess quickly tires and about whom she says unpleasant things to her husband, but she finds few who know how to behave when visiting.

Think back on the days when you were receiving the visits rather than taking your own child to call and perhaps you will remember how irksome it grew to have your friend's child constantly interrupting the conversation and complaining because he couldn't find anything to do.

Good table manners are important in children. Perfection is not to be expected in the infant of one day even to the boy or girl of fifteen years, but there are some few things which help to make him an agreeable guest. It is pleasing for a hostess to behold in her small visitor some knowledge of the use of the silver and food on the table. What can be more disgusting than to see a child cram food



Good manners, tho not perfection, can be, and is, expected of the youthful guest of today.

hastily into his mouth as if it were a rare occasion and it was up to him to make the most of it!

Family history records countless whippings and severe scoldings which small people have suffered because they did not behave as they might when calling with mother. A guest is a curious sort of a person. Few people know how to act in such a situation and there are some who are quite at a loss to know how a guest should be treated. Since this is true it is small wonder that children are rather bewildered when they find themselves in such a position.

If there has been no foundation of good manners and behavior given at home it is useless to expect that your child will be a model when he is visiting. Why neglect his training and then punish him because you are ashamed of his conduct?

Children are more or less, and considerably more, images of the people they imitate and do things as they see others

doing them. Embarrassing moments for parents can be lessened by home training. It is so easy to forget in your personal admiration for your child that hostesses cannot enjoy a naughty, boisterous child.

A hostess has a real job on her hands if she entertains successfully a group of children. Children remember for a long time the unusually nice things that are done for them. If a hostess seeks to make secure a reputation as a real hostess she has only to get the approval of the less mature members of the community.

It is very important that a child who is the only youngster in a group of grownups, be not forgotten. The hostess must treat him as she treats other guests. Children are quick to notice and criticize. A mother's careful instruction and training may all be lost when a careless hostess does not live up to the things the child has been taught to expect of a hostess.

It used to be proper to allow the children to eat after all the grown-ups had finished. That has rather gone in to disregard and it is perhaps well. It rather tended to teach the children patience and the importance of elders, but how often it has hurt their small dignities to be shoved aside.

Mothers, children and hostesses are all involved in the question of whether a child is a good guest or not. The mother and child have of course the biggest part to do with it but woe unto the hostess who fails in her part after the mother and child have lived up to theirs.

Thus small guests need training. It is quite as important that the children appear well as that you do yourself. As they have been called the guests of the world, they are the guests of all guests to be carefully trained.

Have for Your "Shrine" a Mirror

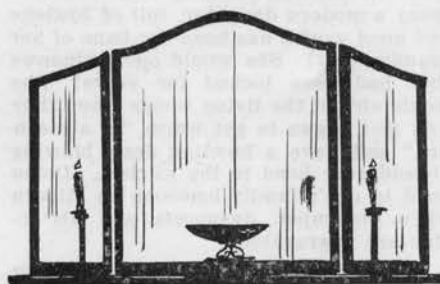
By ELEANOR MURRAY

ONE of the most charming rooms I was ever in, was a long, low, darkly finished living room in which the most interesting effect was a mirrored reflection of Gainsborough's Blue Boy hung over a grand piano at the opposite end of the room. It was late afternoon on a cloudy day and my hostess had drawn the shades and lighted the candles. That soft mirrored reflection in the candlelight stands out in my memory with some of the loveliest pictures painted there—a cloud curtain drawn from across the moon one June night—a clear deep lake on a sunny windy morning.

The Japanese have what they call a "shrine of beauty"—at least one absolutely beautiful spot in a room even though the rest of the room is much less beautiful or artistic. Mirrors may well be used for creating a "shrine of beauty" in our own American homes. One such spot of beauty was created by a friend of mine who hung a long mirror just above a low console table. On the table an old blue bowl was placed. The mirrored reflection I thought perfect until one spring day I stepped into the room and in the bowl were some sprigs of pink apple blossoms. The effect was utterly delicious, like the flash of a bluebird's wing or the smell of plum blossoms.

A mirror hung in the hall to enable one to get one's hat on straight is quite a necessary adjunct, but no prosaic. Why not hang it to reflect a bit of color, a painting, a tapestry or bright spots of light or color? Usually such an arrangement will not spoil the light for seeing the hat.

If you have a dark room and wish to brighten it up hang a mirror to catch the light from a door or window. In addition to actually making the room lighter, the light from the mirror is soft and decorative. There is no lovelier mirror reflection than that of candles and candlelight.



Use mirrors mainly for reflection of beautiful things.

Perhaps you have a mirror in your possession like one which used to be in our family, "such a good clear glass, but the frame is dreadful." We had an old walnut drop leaf table which we had refinished with the hinges of one leaf changed so that the leaf always remained upright making a back to the table. The other leaf was left movable but usually hung down in front. There were a few extra pieces of walnut in addition to the table and someone had the idea to have a new frame made for "the mirror." The result was two beautiful pieces which could be readily used together in either a hall or living room. If you don't want the frame changed entirely it can be refinished with enamel to match other pieces of furniture or merely stained and waxed. I once saw a rather difficult small reception hall fixed very attractively. Quite a heterogeneous group of furniture was allotted to this room, a small wicker and wood book or magazine rack, a coat rack and a rather large, long mirror. All three were black enameled (tho it is not necessary to use black—any desired color may be used) with a little design of

frosted flowers fixed on the mirror and the coat rack. The decorated mirror hung above the small magazine rack and with two black silk cords made both the room and furniture lose their air of impossibility.

Panel mirrors with a picture at the top can be purchased complete, or a panel mirror and a picture may be so hung that they give practically the same effect. A college girl with quite an artistic nature had a panel mirror and a small framed print of the "Garden of Allah." For a long time they were hung on opposite sides of her dormitory room. At last she conceived the idea of hanging the picture just above the mirror. Being impetuous she didn't think to measure before taking down the picture, but whatever fairy it is who looks after the impetuous was on the job and the mirror and picture were exactly the same width. The combined effect was lovely. It so happened also that the frames were enough alike to not cause too much irritation but had they been absolutely unlike both could have been refinished. Panel mirrors are also very attractive if hung between two panel pictures.

Tho they may be used for both service and beauty, to reflect a print of "Whistler's Mother" or to adjust a hat, they are much better if used for both service and beauty.

Use mirrors mainly for reflection of beautiful things,—a charming corner of an opposite room, a grass-and-tree-and-skies view from an opposite window or a low bowl of spring violets or a brass bowl of winter bittersweet or perhaps a brass turkish coffee urn on the serving table of the dining room across—veritable "shrines of beauty."

Radiators—Less Gilt and More Heat

By MABEL RUSSELL, Assistant Professor of Home Economics

DO YOU know, Mrs. Housekeeper and Mr. Money Earner, that it costs more to heat radiators that are bronze or gilt or aluminum colored than it does radiators painted with ordinary paint or enamel?

It must be that this fact is not generally known or we would not see so many bright and shining radiators or do people gild their radiators because they think gilded radiators are more beautiful than painted ones? We are always willing to pay for beauty in the home but is a gilded radiator beautiful? To begin with, the radiator itself is anything but beautiful so why make it more conspicuous

with gilt paint? If it is painted near the color of the wall back of it, the radiator loses itself and becomes part of the background. That is as it should be.

Of course the important thing in regard to a radiator is that it is there to heat the room. Anything which interferes with a satisfactory working out of this function will bear investigation.

In the experimental laboratory of the University of Michigan they discovered that it costs more to heat radiators painted with bronze paints than those painted with ordinary paint. In a bulletin from that institution a bare radiator is taken

at 100 per cent. Radiators painted three coats of black or green are listed at 101 per cent, white enamel 102 per cent, those painted aluminum bronze 78 per cent and copper bronze 80 per cent.

In heating efficiency as compared with the bare cast iron radiator, the author states further that, "It might be said in general that bronzes reduce the heating effect of the radiator about 25 per cent, while lead paints and enamels give off the same amount of heat as bare iron. The number of coats of paint on the radiator makes no difference. The last coat is always the determining factor in heat transmission."

Children as Helpers

By HOPE FIELD

MARY!" mother calls, "come wipe the dishes." "Oh, mother, we're playing hide-and-seek!" Mary protests. But little five-year old John Henry exclaims eagerly, "Mother, c'n I, c'n I? I'll wipe 'em dry!"

There seems to be a period in every child's life when he delights in being mother's little helper. As he grows older, however, he seems to lose this angelic trait and work holds no interest for him. This is perfectly natural but, nevertheless, has to be dealt with in some way. There are very few children who will grow up to lives devoid of work so they should be taught that it is a necessary part of their life. But how is one to train children to "help mother" willingly?

In the first place the children must realize that they have their share of the household tasks and no amount of whining or complaining will save them from doing it. Make a just division of the

work, for children are quick to notice unfairness and if Mary feels that she is doing more than Ruth she becomes greatly antagonistic toward the work. Insist that each do her work regularly and do it well. Mothers oftentimes feel that it is easier to do the work themselves than to spend time making the child do it. But, if the child's character is to be well-rounded out and if the mother is ever to receive competent and willing help she must begin by insisting that Ruthie must be mother's helper regularly not just when Ruthie feels so inclined.

Do not bribe a child. I knew a little boy who, when asked to do a task, invariably inquired: "Will you gimme some money if I do?"

Rewards when the work is especially meritorious stimulate the child to a desire for further approval, but habitual bribes make the child grasping, and a nuisance to his parents and friends.

Of course, the tasks must not be made

to seem a drudgery. I have no sympathy for the mother whose favorite words are, "Children, stop talking and finish your work."

She is usually one of that how-I-hate-to-work kind of persons and since it is drudgery for her, it soon becomes the same for the children.

In one happy home where there are many children, and ever so many dishes to wash and errands to be run, the children make a game of their tasks. The two little girls, whose turn it is to wipe dishes, stage very exciting races to see whose pan is empty first. No broken or half-wiped dishes are allowed, and there is much merriment and hilarity for it isn't work any more, it has become an entrancing game!

Children can do many tasks in the home, and lighten the burdens of the mother. Every mother should recognize this and expect her children to be helpers.

Miss Rosamond Cook Publishes Books

By LLYRA PRICE

MISS ROSAMOND C. COOK, associate professor in home economics at Iowa State College, has been given a year's leave of absence, during which time she expects to write and have published two books on garment construction.

The books to be published are: "Constructive Processes in Sewing for Junior High School," which will be ready for the public by the first of February, and "Sewing Recipes," which will be introduced to the public by the first of September.

During the past year Miss Cook has had published by the Manual Arts Press at Peoria, Ill., a book entitled "Sewing Machines." This book deals with the mechanism and the underlying principles of the sewing machine in such a way as to enable a student to operate any machine quickly and easily, even the unfamiliar with that particular make. Miss Cook is an authority on such books due to the fact that she has had rich experience, in practical sewing and dress making, and has made an extensive study of the sewing machine, both as it is treated by the manufacturers and as it is used by the high schools and colleges.

The book "Sewing Machines" is the first on this subject to be published in America. Some years ago an Englishman published a small book on the same subject, but up to the present time all information about the mechanism of sewing machines has had to be gotten from small instructive booklets put out by the manufacturers.

Genevieve Fisher, a federal agent in home economics education at Washington, D. C. says: "This book on Sewing Machines fills a long-felt need of teachers of home economics. It will be invaluable to the student in training for

teaching and for the teacher whose training has lacked the information on the use and care of the sewing machines, which this little book gives."

Anna M. Cooley of the Teachers College at Columbia University in N. Y. says: "Miss Rosamond Cook in her new book on sewing machines has made a real contribution. She has brought together information from various sources which will be of value to those engaged in teaching sewing and also to those who have interest in learning to use the various sources which will be of value to those engaged in teaching sewing and also to those who have interest in learning to use the various types of machines. The principles and construction of the mechanism of the machines are very clearly given, and there are excellent illustrations. It should prove of value to teachers of clothing studies in normal schools and to high school girls who are learning to use the sewing machine."

Minnie M. Peterson a supervisor of home economics in public schools at Peoria, Ill., says: "I have examined carefully the new book on sewing machines and find it a book which will be very useful in all sewing machine classes. The subject-matter is very clear, and well presented. I consider it a book which all teachers of sewing should know about, and I heartily recommend its use in the sewing classroom."

NEW H. EC. BUILDING AT MISSOURI

At the University of Missouri the women have just moved into a wing of their new Home Economics building. This building is on the so-called white campus, and is built of the native stone.

A new Agricultural building is also in process of construction on the same campus.

LA VERE MCGOON WRITES OF HER WORK IN CALIFORNIA

From Sawtelle, California, comes a letter from La Vere McGoon to Miss Florence Busse who kindly lends it to us. Southern California, La Vere thinks, is ideal in the winter time with warm weather and an abundance of flowers. "The thermometer today registers 80°. It is too warm with a coat on."

Concerning her work and her Ames friends she writes:

"I am employed as dietitian in the National Soldiers Home in Sawtelle. I have charge of the Tubercular Hospital and feed six hundred world war boys three times a day. I have thirty-four kitchen employees under me, and let me tell you that part of a dietitian's work is most difficult.

"Lillian Giebelstein came to see me last week.

"I received a letter from Hazel Chambers and she is resigning to come out west. She intends to reach here this month.

Gladys Dodge is now in New York, also toiling on her career.

COLONIAL CANDLES

In Colonial Days every thrifty housewife made her own candles. A natural material for candles was found in all the colonies in the waxy berries of the bayberry bush, which still grow in large quantities on our New England coast, especially on Cape Cod. The Swedes call it the tallow-shrub. The English call it the candleberry or bayberry bush. Bayberry candles burn brighter and more slowly than wax candles and yield an agreeable odor, especially when they are extinguished. One colony in Massachusetts in 1687 forbade the gathering of berries before September 15th, as the wax on the berries is at its best from September 15th to October 30th. Hand-dipped candles made from pure bayberry wax are genuine Colonial Candles.

Who's There and Where

By JEANETTE BEYER



MISS WALLS AND MISS BUSSE MEET ALUMNI

At the recent convention of the American Home economics association, held at Michigan Agricultural College, Miss Florence Busse and Vice Dean Edna E. Walls met a number of Ames women.

Miss Louise Campbell, who was assistant state leader at Iowa State College, is now acting Dean of Home economics at M. A. C.

Muriel Wilkins, '15, they found to be nutrition specialist for the state of Michigan.

Emma Baie, also a graduate of '15, is now a state leader, instructing the teachers' training at Connecticut Agricultural College.

Miss Ruth Freegard, formerly instructor at Iowa State, and faculty advisor to our Home Economics club, is now state leader of Home economics vocational education for the state of Michigan with headquarters at East Lansing.

Michigan Agricultural College has just moved into a \$400,000 Home economics building.

SARAH FIELD STUDIES AT AMES

Iowa State folks are very happy that Sarah Field, '16 should have chosen her alma mater at which to do research work in foods, preparatory to her return to Kobe College, Japan, where she has been teaching.

Miss Field is a real college girl again as she hurries to cooking lab., in a pink dress and white apron.

WORKING FOR MASTERS DEGREE

Anna Gertrude Riggs, a graduate of '21, is teaching part time in the home economics department at Iowa State, while working for her masters degree.

We can vouch with all authority for her thoroughness as a "quizzier" since we have her in 130-b lecture at eight o'clock on Monday mornings.

IN EXTENSION WORK

Two girls most enthusiastic about their work are Mildred Elder and Alma Heiner who are clothing specialists, employed by the extension department of Iowa State College. Since their headquarters are at Ames they are quite often about the campus.

Mildred, who graduated last year, was appointed to her position without any previous experience. Alma, '21, worked in the ready-to-wear department of Killins store in Cedar Rapids last year.

The girls give lectures and conduct training schools throughout the state. This means lots of traveling, and as Mildred says, "though it's strenuous, it's fun."

RUTH CURTISS HOME ON VACATION

Ruth Curtiss, who has been designing dress models for a large wholesale blouse firm in New York City, spent Christmas in Ames with her family.

After graduation in '16, Ruth spent two and one-half years teaching at the University of Nebraska, and then attended the Art Institute at Chicago for several months before taking up her work in New York. This last summer she spent in Europe with her mother.

Ruth loves New York and her work as a designer. She designed two of the gowns that appeared at Princess Mary's wedding last summer.

CAMPUS CHATS

How would you like to have 120 guests walk in for dinner? That is what happened to the Hec. department when the Iowa legislators visited the campus January 26. These many guests were served at long tables placed end to end the whole length of the top floor of Hec. building.

Mortar Board recently pledged the following girls: Ethel Huebner, Marie Buirhead, Murriel Orr, Marie Hartman, Verena Meyer, Marie Van Cleave, Neta Comstock, Juanita Beard, Esther Pond, Clara Jordan and Thelma Tollefson.

"Hello," was what we shouted to every girl on "Women's Guild Day," January 15, when a thousand girls gathered together in the evening for a grand house, and "Get Wise" meeting.

Save your pennies for the Iowa State Song Book which is soon to be published.

Scandal!—Read the Green Gander. Gander sleuths are now hard at work.

1st Dress form—"Going to the meeting o fthe heroes of 76?"

2nd Dress form—"I ain't a hero of 76."

1st D. F.—"Oh, yes you are, didn't you take Chem. 775 under Miss O'Brien?"

2nd. D. F—"Yes."

1st D. F.—"Well come along. You got 76 didn't you?"

—Hec Vaudeville.

MISS BARROWS TO TEACH AT IOWA

Sarah T. Barrows, '91 whom you will remember as director of the department of speech at San Francisco Teachers College, will teach at the University of Iowa during the entire summer session. She will hold classes in phonetics and pronunciation.

Looking through the Circulation manager's drawer, we found this letter:

"Dear Women:

I am on your list of subscribers and enjoy the magazine very much. It seems, more than any other Iowa State publication, to be just brimming full of the old college spirit. It always stirs up a new enthusiasm for my home duties.

I am enclosing a check with this letter for a renewal of the subscription for Miss Ruth Weiss, I am sending it as a Christmas gift again. Please let me know if this is O. K.

Yours truly,

(Signed)

Mrs. Lelia (Albert) Christian.
Scranton, Iowa.

Thank you Lelia. We staff members appreciate your kind praise. Please write again and tell us more about yourself and any other alumni.

ALUMNI NOTES

Lillian Rhinehart, '19, now Mrs. W. R. Heckler of Dalton, Missouri, is visiting her family in Ames for a month.

Adah Herring, '21, who has been dietitian at the Congregational hospital in Des Moines is now working in the Lutheran hospital in that city.

Mildred Schenck, '22, is in charge of the department of Home economics at the Northwest School and Station of the University of Minnesota at Crookston, Minnesota.

Marie Van Cleave, who graduated at the end of the winter quarter, is back on the campus again, as manager at the "Knoll."

Enid Edwards, '21, who is teaching at Colo, entertained her home economics class at her home on January 4. They visited the Home economics building and campus.

If you read our page, Alumni, write us about it.

THE IOWA HOMEMAKER

"A Magazine For Homemakers From a Homemaker's School"

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SELF-RELIANCE AT FIFTY

The February issue of Woman's Home Companion carries a story on "Disposing of Mother" in which the three mothers of the instances cited are well, strong, and without need for guidance or care. Well and good. But mothers of fifty may be divided into two classes, those who need daughtering and those who need mothering. Those who need daughtering are the ones who are self-reliant, fully capable of managing their own affairs, and find use for a daughter only to furnish stimulus for successful independence.

Those who need mothering are the mothers who have given all of their courage, strength, and self-will to the stalwart sons and capable daughters, until life is drained of all reliance, and in its place is the piteously sweet attempt to "take care of myself. I'd be such a bother to you!" Here is the mother who has tried to live with herself, tried to be unconscious to the force of loneliness that nearly drives her to desperation; here is she who has shielded from the few remaining friends the gnawing desire to cuddle grandchildren and teach them their prayers; here is the mother who needs a hot pad at night, a tray breakfast once a week and a soft, chubby hand to hold at dusk. These are the mothers who need mothering, and only a daughter, a part of her own flesh, can "mother" her.

A new generation of mothers is coming, a generation of independent and self-reliant business women, but "a mother's a mother the whole world over," and for all her wish to be free from dependence, some day she will need her daughter.

"GETTING CLUBBY" AT IOWA STATE

With the enrollment nearing the 1,300 mark, the short course leaders have every reason to be in high spirits, for this year promises the second largest short course ever held in Iowa.

That the short course is no longer for men alone is well proven by the sixty club girls who are here this week. Special classes are being held for them, from 8:00 a. m. till 6:00 p. m. of the five days they are here.

And, oh! so much is being chucked into these days:

visits to the various classes in the home economics building; talks on the physically fit girl, choosing a meal at a cafeteria, correct table manners, suitable colors and styles in millinery and costume, music of our own and foreign countries, musical instruments and language, and, lastly, the Dorothy Jane series. As one enthusiastic member expressed it, "Oh, I think Miss Coyle's talks on Dorothy Jane are the best things here. She shows us just what we should do at home, abroad, as a club secretary and as a club reporter. I feel almost like a journalist today."

What an opportunity this is to get a whiff of a college education along with the helpful points on club education, for the girls are living at the dormitories, using the same rooms, same dining halls, same paths and same buildings as do the regular students, and these "regulars" are only too glad to share with the visitors.

Since everyone cannot attend Iowa State, the college is anxious to show each one as much of the "real Ames" as can possibly be crowded in one short week.

AFTER THE KITCHEN APRON IS HUNG UP

What is left to do?

Mother and father were alone.

The children were grown up and gone, either to college or to homes of their own. Father's days of office work and scheduled hours were over, and the two retired. No more work, no more responsibilities. What shall they do?

Aunt Julia suggested that they travel, take a belated honeymoon, as it were. This they did. The agent for the steamer lines very gratefully picked out a route for them that was sure to satisfy. It did—the bell hops and cab drivers, but not Mother, for instead of art galleries, historic scenes and moonlit tropics, they found only internationally famed resorts and gilded hotels.

Mother came home exhausted. Her eldest son thought the old home too much of a burden, so it was replaced by a most modern and convenient apartment. Here Mother could rest and relax.

But she didn't. She fretted for the old familiar surroundings, and worried because there was nothing for she and restless Father to do. Kind relatives gave them a library shower, but they no longer had interest in literature and the books gathered dust on their shelves.

Club work would surely be the solution. The two daughters made themselves immediately responsible for taking Mother to a new place each day with an ever-changing crowd. Mother neared a nervous breakdown, and found temporary relief on a cousin's farm.

Winter drove her back to the furnace-heated apartment and the would-be musicians above. With nothing to occupy her hands or her mind, Mother soon came to think and say queer things that caused the over-anxious relatives to shake their heads in acceptance of the inevitable result.

Then Callie died, leaving her two boys to be cared for. Without a word of council, the two grandparents opened the old home, took the boys in spite of relatives' protests, and worked for them.

The old apron came down off the hook.

Father's restlessness left him. Mother's health improved by bounds.

Mother's apron was her only avocation.

When your time of ease and retirement finally comes, what will you do? Will you be able to leave your apron on the hook?



ADDRESSING ANNOUNCEMENTS

In addressing announcements, should the name and address be written on both the inside and outside envelopes?

The name and address should be written on the outside envelope, but the inside envelope should bear only the name.

BUYING A LOT

We are contemplating buying a lot in a small town. What considerations should we make?

Consider the public utilities that are there and those that are promised. That is, will your mail be delivered nearby? Is there protection from fire and will you have gas, water and electricity? Garbage disposal must also be considered. Will there be good telephone service and a satisfactory sewage disposal system?

The neighborhood must be suitable. It should be a wide awake community where the people have similar interests. The conveniences are also quite necessary to note. If there are children in the family, a school must be nearby. Clubs add to the attractiveness of the neighborhood. Parks and the shopping center should be so situated as to be conveniently reached.

CHOOSING CLOTHES

Like most women, I desire to dress attractively. I have had no training in design and I would appreciate some points to follow in choosing my clothes.

A becoming costume is one that harmonizes with the personality of the wearer and emphasizes her best points in line, texture and color. Analyze your personality and choose garments which are suitable to your type. Use contrasting lines and colors to cover your unattractive points. Follow as nearly as possible the proportions of the normal figure.

SUNSHINE AND SPONGE CAKES

What is the difference between sunshine cake and sponge cake?

Often we find these terms used interchangeably and there is not much difference in the two cakes. The sunshine cake has more eggs in most recipes and is usually of a closer and finer texture.

USE OF OYSTER FORK

I have oyster forks in my chest of silver, but no forks for fruit cocktail. Is it considered proper to use oyster forks for fruit cocktail?

The forks are so similar that they are sometimes used interchangeably when one has not both kinds.

VITAMIN FOODS

I have heard a great deal about vitamins, but do not know just what foods contain them. Will you give me a list of vegetables that have vitamins in them?

Foods containing vitamin A are: Spinach, carrots, tomatoes, yellow corn, sweet potatoes, rutabagas. Vitamin B is contained in: spinach, cabbage beets, tomatoes, carrots, turnips, beans and other vegetables if water in which they are cooked is used. Tomatoes, raw cabbage, raw carrots, raw rutabagas and lettuce contain vitamin C.

JUNKET TABLETS

I have been using a liquid for making the milk curd in junket puddings, but I hear that there are tablets which serve the same purpose. Can you tell me which is better to use?

Both liquid and tablets are composed of the same material. The only difference is in the form and most housewives find the tablets easier to use and store. Most recipes call for tablets instead of the liquid.

THE FAMILY CREST

After marriage is it proper for a woman to use her own family crest or must she adopt that of her husband's family? What distinction is there between the coat of arms and the family crest?

When a woman marries, she has become a member of her husband's family and so should use their family crest. The coat of arms is used by the men of the family and the family crest is used by the women.

ASPARAGUS EATEN WITH FINGERS

Is it proper to eat asparagus with the fingers or should it be eaten with a fork?

Asparagus may be taken in the fingers, but if the stalks are thin, cut them in half with the fork eating the tips like all fork foods, the ends may then be taken in the fingers and eaten.

STEAMING A VELVET DRESS

I have a velvet dress which I wish to steam. What is a good method to use?

Brush the dress hard with a soft brush. Let it hang over a tub of steaming water until all of the steam has escaped. Hang in the sun to dry, and the results will be satisfactory.

USE OF SALAD FORK

Is it proper to use a salad fork for eating pie?

A salad fork should not be substituted for a pastry fork. Use a dessert or dinner fork instead.

MILK FOR GROWING CHILDREN

Please tell me what is the amount of milk required a day for a growing child. What amount of water should one drink?

Growing children should have at least one pint of milk per day. More than that is very good. Four to eight glasses of water daily are required.

REMOVING IODINE FROM BIRD'S-EYE MAPLE

How can iodine stain be removed from a bird's eye maple dresser?

Apply alcohol, rubbing gently. Use furniture oil immediately after this to prevent the alcohol from eating the varnish.

CANDY FOR CHILDREN

How much candy is it advisable to give a child of five years?

A child may have an ounce of sugar a day or its equivalent in syrup, candy or honey. This should include all sugar used in cooking and also that which is added to foods at the table.

FRESHNESS OF FISH

How can the freshness of fish be determined?

The flesh of fresh fish is firm, bright and crisp looking. There is no odor, the gills are of a bright red color, and the eyes are bright, not dull and lustreless.

HOME ECONOMICS DAY PROGRAM

Please send me some material which I can use in planning a home economics day program.

Some skits and other material used in our annual Hec day are being forwarded under separate cover.

ICE CREAM FOR CHILDREN

Should ice cream be given to children at all, and if so, how much of it?

Small servings of plain ice cream made of thin cream, sweetened and flavored, or of cream and custard mixed, may be given to children occasionally.

CLEANING FEATHER BOAS

Is there any way to clean feather boas at home? I have some boas which are stained, but I do not know just what the stain is.

To clean feather boas, use a large basin of the warm suds of white soap; immerse the boa and after soaking for a few minutes work it gently with the fingers; rinse in several lukewarm waters and shake out; hang in the air to dry.

Refilling the Household Linen Chest

By OPAL MILLIGAN

WITH the new year, still young, comes the annual inventory of the household linens. By the inventory method a housewife knows exactly what she has on hand, the condition they are in, when they were purchased and the amount that is needed. It is always a good plan to mark the date purchased on each new piece of linen. This will help the housewife in telling the age of her linens, and it is also a valuable aid in telling what linens to use for the family and what to use for the guests.

The first few months of the year, the housewife has a remarkable opportunity to replenish her depleted chest. Most stores are also taking an inventory and at the same time are having their big "white" sales. The well informed woman

will take advantage of these sales, and restore her supply, at a reasonable cost.

If the housewife will buy her sheeting and pillow tubing by the yard and hem them herself she can save a nice sum of money. The same is true with hand toweling and tea towels.

Fine table linens, the cherished luxury of every home, will always cost, but one can save a few dollars, even on these items if they are purchased at the time of these sales.

It is well to have a "linen budget" so when restocking time comes the housewife will know how much money she can spend.

The housewife's inventory sheet might be arranged in the following manner:

Article	No on Hand	Condition	No. Needed
Table Cloths	5	Good	None
Table Napkins	7 doz.	Good	None
Lunch Cloths	2	Good	None
Lunch Napkins	2 doz.	Good	None
Hand Towels	1 1-2 doz.	Fair	2 doz.
Bath Towels	1 doz.	Fair	1 doz.
Wash Cloths	2 doz.	Fair	1-2 doz.
Tea Towels	1 doz.	Fair	1 doz.
Sheets	1 doz.	Good	1-2 doz.
Pillow Cases	1 doz.	Good	1-2 doz.
Mattress Pads	4	Fair	2
Bed Spreads (heavy)	4	Good	None
Bed Spreads (summer)	4	Good	2

That Finishing Touch for Flaws or Floors

(Continued from page 3)

prising, for who is there who will not admit the joy of seeing a transformation such as takes place in a case of this kind? A transformation brought about with one's own hands should surely be excuse enough for a considerable amount of pride.

Styles have changed in floor finishes as well as in other things. Think back to our grandmother's day, when unfinished floors, scrubbed until they fairly shone, were in vogue. But think also of our grandmothers wearing themselves out to keep those floors in that spotless condition. Compare that state of affairs with conditions today. Think of our floors, finished beautifully, with a polish which would have made our grandmothers open their eyes in amazement. Then compare the difference in the labor spent on these two floors and draw your own conclusions. Who says this world is not making rapid progress?

Frances Gates, '20, and her husband, Victor Williams, are living at Postville, Iowa. Since October first they have been enjoying their little son, Gates.

Rhea B. Wahle is working for a master's degree in physical education at the University of Wisconsin this year. She graduated in 1920 and taught home economics and physical education near Davenport for two years.



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Shipley-Pedersen Co.

Opposite Sheldon-Munn Hotel

The Shoddy Time of Year

(Continued from page 4)

crepe. Then you might lengthen it by a piece of set in pin-tucked or braided satin or canton crepe just above the hem. The same method is used to make a longer waist line. The band for the waist should be narrower than the one around the bottom.

The waist line in a wool dress may also be lengthened by setting in a piece of braided material.

The wool dress of the Russian blouse type looks well with an inset of plaid material beneath the waist, hem, and cuffs, and trimmed with an unknotted wool fringe. It is not necessary to take apart the whole dress. Simply remove the skirt from the waist and insert the plaid strip.

A silk dress may be fixed in the same way with insets of silk shepards plaids with a fringe matching the predominating color in the plaid.

Even one's old suit, short tho it may be, has possibilities. Join the jacket to the skirt with a blouse effect, catch the coat together at the neck and wear a dark camisole underneath. An underskirt of the same silk is worn beneath the skirt, which is split up one or both sides,

or up the front. The skirt may be lengthened by bands of lining material, hidden by flouces of plaited satin.

As for that short, full taffeta you probably have about some place, try inserts of woven ribbon, or satin, taffeta, velvet, or

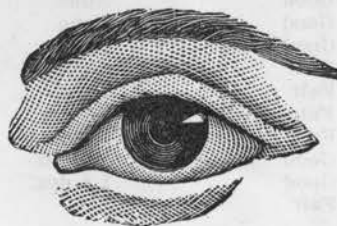
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To be sure, Silk Hosiery of the delicately fine quality that you choose here is a luxury, but it need not be an extravagance, for if carefully taken care of it will give as long and satisfactory service as the less attractive sorts. Did you know that new Silk Hosiery should be washed before worn and never washed in any but luke-warm water? It is also well to remove rings or other jewelry when putting on Hosiery, for the little prongs are very apt to catch a thread and pull it. Watch for Hosiery helps in future advertisements.

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Our new Royal Society and
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Give this store an oppor-
tunity to show you.

E. R. LAY

grosgrain. They may be as wide as is necessary. The skirt is cut, without being detached from the blouse, into four panels, back front and two sides. The cut pieces are re-attached with the woven inserts and the panels are stitched together again. The inserts in the back and front are nearer the waist line than those on the side, at such a height that the corners of the side and front pieces meet. Sleeves of latticed ribbon are also very attractive.

If it is soft enough and light enough dress, I would suggest a finish of wide transparent lace around the bottom and over this an over-skirt of chiffon. I saw a lovely gray silk crepe dress lengthened in this way, and an over-skirt of violet chiffon added with a silver cord girdle about the waist.

Another type of evening dress is the tight, short, beaded kind so many people wore last year. They look hopelessly scant but there is a way to make them wearable. Make a straight georgette, crepe de chine, or soft satin under slip, matching in color. Split the beaded slip up one side, or both sides and rip the shoulder seams, round off the top, drop below the old neckline and attach to the underslip. Make a deep bertha collar or chiffon and edge it with black velvet ribbon. Catch the slip up on one side with a loop of this ribbon.

There now—whoever said it was impossible to fix clothes over, this season?

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*Point the way to many
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SO many new designs in printed cloths so many additions to the kaleidoscope of colors, so many smart new combinations of shade and motif, you'll find suggestions for Spring costumes on every hand in the Dress Goods Section.

Linens, Ratines, fine Ginghams, and Tissues especially claim attention. And moderate prices make shopping merely a matter of selecting that which best pleases you.

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GIFTS FOR ALL

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Insist on the Wiss Brand. They are the Highest Quality.

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Carr Hardware Co.

The Paint Store

**TAKE CARE OF YOUR HEALTH;
DON'T DEPEND ON THE DOCTOR**

Absolute cleanliness, quantities of fresh air, good food selection, plenty of good exercise and the art of relaxation are really the only necessary health habits.

Cleanliness does not merely mean washing one's face every day. The term includes cleanliness of every part of the body—the teeth, hair, and skin—frequent bathing and cleanliness of the internal organs. Just as important as bodily cleanliness is the cleanliness of one's clothing and personal things.

To have internal cleanliness we must eat the proper food, drink plenty of water and keep the system well regulated.

If the lungs are filled with good, fresh air there is no room for other things. They can be filled by deep diaphragm breathing, rather than short, choky breaths. Ten such long, deep breaths should be taken at least once a day.

Of course, it is fine to take lots of time to dress, then climb leisurely into a car, whether it be Cadillac or Ford, and ride, but who would miss a chance to walk and breathe and live on a clear, crisp morning. Philosophers must have walked on just such autumn mornings and felt their blood pounding through their veins and had that clear-headed feeling that comes with brisk walking.

Relaxation is an absolute necessity, but don't be a chronic relaxer. Relaxation as one's only type of exercise is not satisfactory; but don't keep going until you are worn out—relax a few minutes every day.

With cleanliness, fresh air, exercise, good food and relaxation, rosy cheeks,

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Welcome Ladies

- Visit this exclusive shop.
- Replete with spring's newest things.
- Over-plaid Camels Hair Coats.

We Carry

Sweaters,
Blouses,
Skirts,
Petticoats,
Hosiery,
Coats,
Suits and
Millinery



sparkling eyes, hair with lustre, and a clear complexion will come from nature rather than a powder compact, Belladonna, henna shampoos and other cosmetics.

SUCCESS SECRETS

"What is the secret of success?" asked the Sphinx.
 "Push," said the Button.
 "Never be led," said the Pencil.
 "Take pains," said the Window.
 "Always keep cool," said the Ice.
 "Be up-to-date," said the Calendar.
 "Never lose your head," said the Match.
 "Make light of your troubles," said the Fire.
 "Do a driving business," said the Hammer.
 "Don't be merely one of the hands," said the Clock.
 "Aspire to great things," said the Nutmeg.
 "Be sharp in all your dealings," said the Knife.
 "Find a good thing and stick to it," said the Stamp.
 "Do the work you are suited for," said the chimney.

—(Exchange.)

Clara Moore is teaching home economics at her home in Bagley, Ia.

GROUND GRIPPER

Walking Shoes

are the Original "natural line" Health Shoes.

They were first to take women's feet out of bondage—a joyous release, bringing unrestricted comfort, supple buoyancy, renewed vigor, wonderful freedom from fatigue and "nerves"—a TRUER WOMANHOOD.

These world-famous Shoes have sensible toes and heels and FLEXIBLE ARCHES, LIKE THE ARCHES OF OUR OWN FEET. They insure absolute perfection of fit, support and strengthen delicate bones and muscles—WOMEN'S MOST EFFICACIOUS beautifier—coursing through the body.

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O'Neil's Velvet Ice Cream

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O'NEIL DAIRY CO.

Phone 62

New Spring Fashions

You May Take a Peep at the First of the Spring Modes



True, the primroses and jonquils have not yet put in an appearance, but some new clothes along spring lines have. By their charm they freshe none's wardrobe—by their coloring they brighten one's heart. And one can start wearing them now and continue to wear them even after Spring appears, so authoritative is their styling. Fresh, lovely, joyous apparel—awaiting your approval.

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Coats

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